

Reach Out  
For Help.  
You're Not  
Alone.

Welcome to the second edition of our newsletter, aimed at bringing you a little more information about Wellbeing. This month we are focusing on Isolation – where to find help or connect with others.

Remember, if you are feeling isolated, fed up, burnt out, unproductive then get in touch – don't suffer in silence. We can:

- Listen and help signpost you to professional help if required
- Take suggestions to the Heads of Department
- Put you in touch with others

All members of the CMS community are encouraged to take some time to look after themselves. We welcome and value your feedback, and also encourage you to get in touch if you would like to find out more – please email: [wellbeing@maths.cam.ac.uk](mailto:wellbeing@maths.cam.ac.uk)

Kim (HR Administrator) and Julia (DPMMS Administrator)

## Launch of Faculty of Maths Wellbeing webpage

We are pleased to announce that we now have a page on the Faculty website, dedicated to all things Wellbeing. If you have any suggestions for content or ways to engage with the CMS Community, do get in touch – [wellbeing@maths.cam.ac.uk](mailto:wellbeing@maths.cam.ac.uk)

[www.maths.cam.ac.uk/internal/wellbeing/](http://www.maths.cam.ac.uk/internal/wellbeing/)



The A to Z of Societies and Groups within the University of Cambridge  
<https://www.societies.cam.ac.uk/>  
Who knew there were so many clubs and organisations available – you never know, you may find a new interest or hobby, especially as life returns to some sort of normality!

### FOCUS ON ISOLATION

Some ideas for information about Sports & Leisure and other local maybe helpful in overcoming feelings of isolation.

CAMBens - <https://www.hr.admin.cam.ac.uk/pay-benefits/cambens-employee-benefits/recreation>

OR maybe you are looking for some other kind of Support Service?

<https://www.hr.admin.cam.ac.uk/hr-services/support-services-university>

If you are new to Cambridge, have you signed up to the Visit Cambridge mailing list? <https://www.visitcambridge.org/>

or, how about visiting the Newcomers and visiting scholars events <https://www.nvs.admin.cam.ac.uk/events>

The [Postdocs of Cambridge Society](https://www.pdoc.cam.ac.uk/) offer lots of events both online, and when permitted, in person, you can subscribe to their calendar here <https://www.pdoc.cam.ac.uk/events/ThePostdocCalendar>

Finally, for those that have lived in Cambridge for a while, have you ever tried any of these amazing guided walks around Cambridge?

<https://www.gpsmycity.com/gps-tour-guides/cambridge-2612.html>



~~~~~ if you try any of these ideas, please do get in touch and let us know how you got on or if you found this information helpful – thank you ~~~~~